

We provide...

- Private training facilities
- Qualified trainers
- Personalised training programmes
- Rehabilitation programmes
- Massage
- Circuit & Group fitness classes
- Workplace fitness programmes
- Nutritional advice
- Ongoing support & motivation
- Flexible payment options
- Open 5.30am to 9.30pm most days
- Free parking
- Central location
- 5 star service

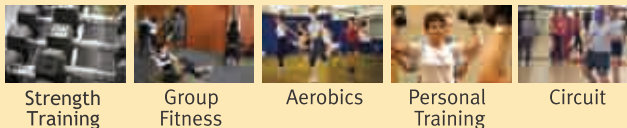
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BActive

Your Personal Training & Fitness Studio



*Discover our unique way
of getting you the results
you desire...*

At our Studio

Group Training (PTF)

Come to the studio as many times as you like per week for group training sessions fully structured and supervised by one of our Personal Trainers.

Many different class times and days are available, just put your name down on the board so that your trainer can choose a session appropriate for your group.

Very much like a cross between a Personal Training session and an aerobics class, your Trainer will divide their time equally between participants and push each individual to their own potential where you will work with weights and cardio equipment all to motivating music.

With only 7 per group, you will not get lost in the crowd!

Available in 4, 8 and 12 month memberships



Personal Training

At BActive, our Personal Training is completely private — essentially you hire out the gym and trainer for the duration of your session. This allows your Personal Trainer to completely focus on you without interruption. During your session, the doorbell or phone will never be answered — you have our complete attention!

Perfect for those apprehensive about going to a mainstream gym or who really want focused results.

Your Personal Trainer will sit down with you and discuss your needs and particular goals at the present time and will devise a plan entirely aimed at getting you to those goals as quickly and as safely as possible. These goals will constantly be reviewed to ensure you are reaching new heights with your training and to prevent you from reaching a 'stalemate' with your exercise regime.

Sold in Blocks of 10



TTT (Trim, Tone & Tighten)

Need an incentive to lose weight?

Try this.....come to our studio and join a small group of like minded people.

Work out with them, and only them, in the motivating atmosphere created by our Personal Trainers, 3 x per week for 6 weeks and whoever loses the most % of weight in their group . . .

WINS 10 half hour Private One on One PT sessions!

Great for those struggling with motivation who work better with a hint of competition!

Nutritional tools and 'weigh ins' included.

Suitable for all fitness levels and age is no barrier.

*"I lost 7kg in six weeks doing BActive's TTT challenge. It was a friendly but competitive challenge with a variety of exercises, fun personal trainers and helpful dietary advice. I had lots of fun and got a great weight loss result."
—Jill*